



# Kids Club

Leader Guide

# Jan

## Week 3

Jan. 18, 2026

# Spiritual Habits

## Series Overview

This series will teach kids the importance of spending time with God while giving them practical ways to do so. First, we will start with God's Word, learning how the Bible reveals God's heart and ways to us. Next, we will learn about growing in God with other godly people and how we can build each other up in Jesus. We will then learn about prayer, how Jesus prayed to His Father constantly, and how we can do the same. Finally, we will learn how Jesus served us, and when we serve others, we find new ways to understand God's heart.

# Lesson Overview

Today's lesson is all about growing closer to God through fellowship with other godly people. Kids will discover that the friends they choose can either encourage them to grow closer to God or pull them away from Him. Today's lesson emphasizes how spending time with godly friends can strengthen their faith and help them build a lasting friendship with God.

## **Lesson 3:**

God Is With Us Through Prayer – Luke 6:12, Philippians 4:6

## **Bottom Line:**

We can talk to God about anything, and He always listens.

## **Memory Verse (Series):**

"I have hidden your word in my heart, that I might not sin against you." Psalm 119:11 (NLT)

## Schedule

### **1. Welcome & Connection (10 minutes)**

Kids check in, play together, and connect with leaders. Encourage older kids to include younger ones. Give prompts for questions the teacher can ask to build relationships. Lessons 2-4: review the previous lesson's take home challenge.

### **2. Group Gather & Bible Focus (10 minutes)**

Short lesson with Scripture and discussion. This should be very engaging, with lots of opportunity for movement and kids participating.

### **3. Review & Practice (10 minutes)**

Empower older kids to lead and model spiritual habits while everyone practices engaging with Scripture.

### **4. Prayer & Worship Practice (5 minutes)**

Practice prayer or worship together. Choose a prayer activity or type of spiritual practice/worship to engage in together. Should be quiet and reflective.

### **5. Group Activity or Project (10 minutes)**

Reinforce the truth that God has a plan through creative, hands-on fun and meaningful discussion. Ideally kids are working in pairs or groups. Either a game, craft, or other activity.

### **6. Wrap-Up & Structured Free Play (10 minutes)**

Review the main point, play together, and give a take-home challenge.

# SUPPLIES

## 1. Welcome & Connection

- Items for structured free play

## 2. Group Gather & Bible Focus

- Bibles
- Bible
- small box or basket
- plush stuffy
- small pack of Band-Aids
- a jacket or hat
- a wrapped candy or snack
- a book

## 3. Review & Practice

- soft foam balls or beanbags (one per 2 kids)

## 4. Prayer & Worship Practice

- None

## 5. Group Activity

- Washable paint
- Paper plates
- Q-tips
- Tablecloths
- Cardstock (1 sheet per child)
- Smocks (optional)

# Welcome & Connection (10 min)

*As kids arrive, invite them into free play (coloring, games, playdoh, Legos, etc.). Actively coach older kids to notice younger kids and invite them into what they are doing. Play upbeat worship music as kids play/create.*

**“Last week, we talked about growing closer to God with other friends of God. Did anyone try the challenge to spend time with a godly friend this week? What did you do together?”**

## **Connection Prompts:**

- Who do you like to talk to when you have good news?
- What is something you like to talk about a lot?
- Has anyone ever listened to you when you really needed it?
- If you could talk to God about anything, what would you want Him to hear?

*Give a two minute warning before transition.*

# Group Gather & Bible Focus (10 min)

*Ahead of time, prepare a small box or basket with the following items: plush stuffy, small pack of Band-Aids or a Band-Aid card, a jacket or hat, a wrapped candy or snack, a book. Have kids gather in a circle or seated area. optional: play soft background music.*

**“Last week we learned that we can grow closer to God with other friends of God. Today we are going to learn how we can spend time with God by talking to Him. That is called prayer.**

**Jesus spent time talking to His Father. Let’s read about one time He prayed.**

*Luke 6:12 aloud.*

*Invite kids to stand on their chairs (or tip-toes) and pretend they are on top of a mountain as you say this line: “Jesus went up on a mountain to pray.”*

**How long did Jesus pray that night?**

*(Answer: He prayed all night.)*

**If Jesus prayed all night, He had time to talk about anything. That means we can talk to God about anything too.**

*Place the box or basket in view. Show each prop one at a time. Use playful, expressive acting. Take out stuff.*

**This is my favorite stuffy. I am happy when I hold it. I can tell God thank you for things that make me happy. What is one happy thing you would thank God for?**

*Allow 2 responses. Take out Band-Aids.*

**Band-Aids remind me of people who are hurt or sick. I can tell God about people who need help. Who could we pray for if someone is sick?**

*Allow 2 responses. Take out Jacket or hat.*

*This reminds me of worries, like if my family needs something. Instead of worrying, I can tell God my worries. What is something you worry about sometimes?*

*Allow 2 responses. Take out Candy.*

**This makes me thankful. We can tell God thanks for little things and big things. What is one thing you are thankful for today?**

*Allow 2 responses. Take out Book.*

*Books can remind us of school or things that make us nervous. We can ask God for help with hard things. What is something you might ask God to help you with this week?*

*Allow 2 responses.*

*Read Philippians 4:6 out loud.*

**This verse tells us not to worry, but to pray about everything. That means we can talk to God about happy things, sad things, worries, needs, and thanks. God listens to every prayer.**

**Invite kids to repeat short phrases with simple motions:**

- Thank You, God (hands up)
- Help me, God (hands together)
- I trust You, God (hands over heart)

**Jesus talked to His Father about everything. We can do the same. Our Bottom Line today is **We can talk to God about anything, and He always listens.**"**

# Review & Practice (10 min)

## Scripture Review Game: Toss the Verse

Gather kids into the room area and quickly form pairs, mixing ages. Assign one older child per two or three pairs to be Team Leader and coach.

**“Alright friends, it is memory verse time. Today we are practicing Psalm 119:11. Listen as I read it.**

*Read the verse aloud clearly:*

*“I have hidden your word in my heart, that I might not sin against you.”*

**Let’s say that together once.**

*Group repeats the verse with you.*

**We are going to play a game to help us remember our verse. You will toss a ball back and forth with a partner, and every time you catch the ball you say the next part of the verse.**

*Give pairing and chunking instructions.*

*For mixed ages, split the verse into five easy chunks for partners to alternate saying:*

- 1. I have hidden*
- 2. your word*
- 3. in my heart,*
- 4. that I might not*
- 5. sin against you.*

*You can also write these phrases on a marker board to help kids remember, then erase after a round or two. If a child is not ready to speak, they can clap or say “pass” and the partner says the next chunk. Team Leaders help quieter kids and remind partners to be kind and encouraging.*

**Great job. Now let us speed it up a little. Try to keep the rhythm going without stopping.**

*Begin Round Two: faster pace for 2 minutes. Encourage laughter and celebrate teams that keep the rhythm. If groups finish the verse, have them switch partners quickly and repeat so kids practice with different friends.*

*Introduce a fun twist for extra engagement.*

**Now we are going to do the same toss, but when you catch the ball you also do a little action before you say your phrase. Try a clap, a stomp, or a silly face. Keep it short so we do not lose the rhythm.**

*After a few more rounds, bring back their attention and wrap-up:*

**You practiced hiding God's Word in your heart. Now remember the other verse we read today about prayer. Philippians 4:6 says we should not worry but pray about everything. That means after we learn God's Word, we can talk to God about anything. You are hiding God's Word and learning to tell God what is on your heart. Remember, we can talk to God about anything, and He always listens!"**

## **Prayer & Worship Practice (5 min)**

### **Prayer Activity: Breath Prayers**

*Have kids remain in their mixed age groups. Everyone sits in a small circle on the floor.*

**"We are going to practice a quiet way to pray. Prayer does not always have to use lots of words. Sometimes we can talk to God quietly in our hearts.**

Explain the breathing pattern slowly.

- Inhale through the nose for three counts.
- Exhale through the mouth for three counts.

**As we breathe in, we will quietly think, 'God, You are with me.' As we breathe out, we will think, 'I trust You.'**

*Lead three slow rounds together, counting softly or with hand motions.*

**Now we will do it again, but this time you can change the words in your heart if you want. You might say 'Thank You, God,' or 'Help me, God,' or just say His name.**

*Lead two more quiet breaths.*

*Close with a short spoken prayer.*

**God, thank You for listening when we talk to You. Thank You for being close to us. Help us remember we can talk to You anytime. Amen."**

# Group Activity or Project (10 min)

## **Activity: Prayer Paintings**

*Seat children at tables in small groups. Put tablecloths down and provide each child with one sheet of paper and several Q-tips. Place washable paint on paper plates so they can be shared within each group. Smocks are optional.*

*Turn on soft instrumental worship music before beginning.*

**Today, we are going to paint while we think about prayer. There is no right or wrong way to do this. You can paint anything that is in your mind or heart.**

*Demonstrate dipping a Q-tip into paint and making simple marks on paper.*

**As you paint, think about things you might talk to God about. Happy things. Hard things. Silly things. Things you are thankful for. Things you need help with.**

*Allow kids to paint freely for several minutes while music plays. Walk around the room, encourage focus, and affirm effort without directing outcomes.*

*Give a one-minute warning before ending the activity.*

**Let's finish up our paintings and look at what we made.**

*Invite kids to share in their small groups or with the whole group.*

**Can anyone tell us about their painting? What were you thinking about while you painted?**

*Allow several children to share. Listen carefully and respond with brief, encouraging comments.*

**Every one of these paintings is different, and every one is special. You shared what was in your heart, and we listened.**

**That is what prayer is like. We can tell God anything, and He always listens. Even when we do not see the whole picture, God is working and has a good plan.**

**We can trust Him with everything we bring to Him.**

*Collect paintings or send them home as a reminder of prayer.*

# Wrap-Up & Structured Free Play (10 min)

As kids arrive, invite them into free play (coloring, games, playdoh, Legos, etc.). Actively coach older kids to notice younger kids and invite them into what they are doing. Play upbeat worship music as kids play/create.

## **Suggested Discussion Questions:**

- What are some things you like to talk about with God?
- When do you find it easy to pray?
- When is it harder to pray?
- How does it feel to know God always listens?

## **Bottom Line Review:**

Have kids say together: *"We can talk to God about anything, and He always listens."*

## **Weekly Challenge:**

This week, talk to God every day. Pray about something that makes you happy, worried, or thankful. You can pray out loud or quietly anywhere you are. Remember, you can talk to God about anything, and He always listens.

## **Closing Prayer**

Pray a short prayer thanking God that He listens when we pray and inviting kids to talk to Him this week.

## **Optional Closing Game: Telephone**

Have kids form a line or small groups. Whisper a short prayer-related phrase to the first child, such as:

- God listens when I pray
- I can talk to God
- Thank You, God

The last child says the phrase out loud. Keep phrases short and clear so younger kids can participate.